

Telling Your Wellness Story

- What were some of the early indications you were beginning to have difficulties with your wellness, both mind and/or body?
- Briefly describe yourself and your situation when you were at your worst.
- What helped you move from where you were to where you are now? What did you do? What did others do?
- What have you had to overcome to get to where you are today?
- What are some of the strengths/skills you have developed to self-manage your wellness?
- What are some of the actions you take to stay on your wellness path?
- What prevents individuals from accessing primary care and wellness resources? Alternatively what works to engage individuals in the services available through PBHCI?